

## Claims

1. A wide-mouth blow-molded plastic container (10) capable of accommodating without undesirable distortion super-baric pressures when filled with product at elevated temperatures and capped and sub-baric pressures after cooling to ambient temperatures comprising;
- 5 a sidewall (11) having a plurality of peripheral vertically spaced grooves (11d);
- 10 a dome (12) located above said sidewall (11) having a wide mouth opening (12a) adapted to receive a sealed closure;
- a footed, pressure resistant, base (13) below said sidewall (11);
- 15 an upper label bumper (15) extending around the upper end (11a) of said sidewall (11) subjacent said dome (12); and
- a lower label bumper (16) extending around the lower end (11b) of said sidewall (11) superadjacent said base (13);
- 20 whereby the sidewall grooves (11d) cooperate with the dome (12) and base (13) to stiffen the container (10) against undesirable distortion due to the swing from super-baric to sub-baric pressures within the container (10) when filled and capped.
- 25 2. A wide-mouth blow-molded PET plastic container (10) capable of accommodating without undesirable distortion super-baric pressures when filled with product at elevated temperatures and capped and sub-baric pressures after cooling to ambient temperatures comprising;
- 30 a cylindrical sidewall (11) having a plurality of peripheral vertically spaced grooves 11d); said sidewall (11) having a crystallinity in excess of 25 percent;

a dome (12) located above said sidewall (11) having a  
blown wide-mouth opening (12a) adapted to receive  
a sealed closure; said opening (12a) having a  
diameter ( $D_2$ ) sufficient to afford access to and  
withdrawal of said food product by means of a  
conventional item of tableware;  
a petaloid footed base (13) below said sidewall (11);  
an upper label bumper (15) extending outwardly and  
peripherally around the upper end (11a) of said  
sidewall (11) subjacent said dome (12); and  
a lower label bumper (16) extending outwardly and  
peripherally around the lower end (11b) of said  
sidewall (11) superadjacent said base (13);  
whereby the sidewall grooves (11d) cooperate with the dome  
(12) and base (13) to stiffen the container (10) against  
undesirable distortion due to the swing from super-baric to  
sub-baric pressures within the container when filled and  
capped.

3. An energy-efficient method of packaging a food product,  
comprising the steps of:  
selecting a blow-molded PET plastic container (10) having a  
sidewall (11) with a plurality of peripheral vertical  
grooves (11d), a dome (12) located above said sidewall  
(11) having a blown, wide-mouth opening (12a) adapted  
to receive a sealed closure, a footed base (13) below  
said sidewall (11), an upper label bumper (15)  
extending around the upper end (11a) of said sidewall  
(11) subjacent said dome (12), a lower label bumper  
(16) extending around the lower end (11b) of said  
sidewall (11) superadjacent said base (13);  
hot-filling the container (10) with said food product;  
capping the filled container (10);  
heating the filled and capped container (10) for a time at a  
temperature sufficient to pasteurize said food product;  
and

cooling the pasteurized filled and capped container (10) to ambient temperature.

4. The method according to Claim 3 wherein said food product is a volatile vegetable in an aqueous medium.

5 5. The method according to Claim 4 where said volatile vegetable is selected from the group consisting of: pickles, relish, sauerkraut and artichokes.

10 6. The method according to Claim 3 wherein said filled and capped container is heated to a temperature in a range of at least about 190 - 210° F for a period in a range of 5 - 20 minutes.

7. The method according to Claim 3 wherein said hot-filling steps occurs at a temperature of at least about 180° F.

15 8. The method according to Claim 3 wherein the container is at ambient temperature prior to hot-filling.